Pasifika Flavours
Inspired by traditional Pacific dishes and ingredients
Contents

Pasifika flavours 3
Easy ways to flavour food 3
Tips for healthy Pasifika cooking 4
Food labels 8
Food portions 9
Healthy Heart Visual Food Guide 10
Ingredients you’ll need 12
Traditional recipes 13
Something new recipes 22
Everyday family recipes 29
Something sweet recipes 37
Weights and measures 39

The Heart Foundation’s Pacific Heartbeat offers Pacific heart health advice. Our goal is to reduce the high rates of heart disease in Pacific people, by encouraging and supporting people and their communities to make positive lifestyle changes.

Pacific Heartbeat provides:
• Pacific nutrition courses
• Smokefree support
• Healthy recipes and resources

We want every New Zealander to live a long, healthy life and enjoy precious moments with their loved ones.

To find out more about our services, please contact us at:
T 09 571 9191 E info@heartfoundation.org.nz W www.heartfoundation.org.nz
or follow us on Facebook Pacific Heartbeat NZ
Welcome to Pasifika Flavours, a collection of mouth-watering recipes designed to take you on a tantalising tour of the Pacific Islands. We’ve hand-picked some of the best traditional dishes from across the region and given them a healthy spin. You’ll also find a selection of modern dishes and a handful of everyday recipes suitable for the whole family.

Pasifika Flavours has something for everyone. So, why not try one of these recipes with your family today?

Good luck and enjoy!

Easy ways to flavour food

- Add extra vegetables and fruit that are in season
- Instead of using salt, season dishes with pepper, ginger, garlic, onions, chilli, curry powder, lemongrass roots, kaffir lime leaves, turmeric, cumin, cinnamon and paprika. For more tips see page 5
- Dry roast spices in a frying pan to bring out more of the flavours
- Add the juice of a lemon or a simple homemade salad dressing (see page 36) to cooked vegetables and salads before serving
- Gently fry any onion and/or garlic in a little oil before you use them, to bring out the sweetness
Tips for healthy Pasifika cooking

Replace animal-based fats with plant-based fats

- Except for coconut fats (cream) and palm oil as these are high in saturated fat and not good for the heart
- Eat less saturated animal-based fats such as butter, meat fat, lard, ghee, cream and chicken skin
- Good sources of plant-based fats include: nuts, seeds, avocados and plant oils such as canola, soy and olive oils
- Oils from fish such as salmon, tuna, sardines and mackerel are also healthy

Coconut cream/oil

- Eat less coconut cream/oil
- One-third of coconut cream is fat and most of that fat is saturated
- Coconut cream and coconut milk are different; coconut cream has less water, has more fat and has a thicker texture
- It’s important to try and dilute coconut cream by adding water without affecting the flavour and texture
Ways to reduce your saturated fat intake

► Eat mostly whole and less-processed foods, rather than high-fat convenience foods and takeaways
► Cut off visible fat from meat and remove the skin from chicken
► Choose leaner cuts of meat such as corned silverside instead of salted brisket. See Povi/Pulu Masima recipe on page 34
► When you cook stews, casseroles, soups and gravies, skim off any fat that sits on the surface
► Choose reduced-fat milk and milk products whenever possible

Ways to reduce your salt intake

► Try not to add salt when you’re cooking. If you do add salt, use iodised salt
► Try to avoid adding salt at the table
► Eat mostly whole and less-processed foods. Around ¾ of the salt we eat comes from processed or packaged foods such as bread, processed meats and sauces
► Use the per 100g column of the nutrition information panel, when comparing products (see page 8)
► Salt is listed as ‘sodium’ on a product’s nutrition information panel
► Look for foods labelled as reduced or low-salt options
► Season with herbs and spices rather than salt
Watch out for sugar

- Sugar doesn’t satisfy your hunger
- Eating or drinking too much added sugar can contribute to increased body weight and may also increase your risk of type 2 diabetes
- Sugar comes in many forms, including: traditional sugar (e.g. white sugar, brown sugar or icing sugar) syrups, honey and juices
- Adding sugar to foods or drinks adds extra calories or energy but no other nutrients (vitamins, minerals and protein)
- Sugar is naturally present in foods such as whole fruit, plain milk and plain unsweetened yoghurt. These foods are healthy to eat
- The World Health Organisation recommends that we eat no more than 6 teaspoons of free sugars* each day
- Free sugars hide in everyday packaged and pre-prepared foods, such as biscuits, cake, yoghurt, ice cream, fruit drinks and breakfast cereals, tomato sauce, as well as more obvious sources like soft drinks, cordial, chocolate and lollies

* Free sugars are those added to foods by the manufacturer, cook or consumer, plus sugars that are naturally present in honey, syrups and fruit juices.
How to cut down on sugar

- Limit your intake of sugary drinks, lollies, cakes, biscuits, bakery products and sweet-tasting foods. Keep these foods for special occasions only.
- If you do buy a can of soft drink, juice or cordial, dilute it with water.
- Gradually cut back on the amount of sugar you sprinkle on cereal, or add to your coffee, tea and milk drinks.
- Use fruit for sweetness instead of adding sugar, e.g. chopped banana on porridge.
- Instead of snacking on biscuits, chocolate or cake, go for fresh fruit, vegetables, nuts, unsweetened yoghurt, or cheese and crackers.
- When choosing processed foods, choose those with low levels of sugar. Remember that the ‘per 100g’ information on food labels includes naturally-occurring and added sugar. The ingredient list will show how many types of sugar have been added.

Tip: if you cut back on sugar gradually, you won’t even notice the taste difference!
Food labels

Taking a little bit of extra time to read food labels when you’re shopping can have big pay-offs, but it can be hard to make sense of all those numbers. Here’s a quick guide to what the numbers mean.

We recommend comparing the food labels on products and choosing foods that are:

▶ Higher in fibre
▶ Lower in saturated fat
▶ Lower in sodium
▶ Lower in sugar

If you are watching your weight, look for foods that contain less energy (calories/kilojoules).

Look for the Heart Foundation’s Two Ticks logo, which makes it quicker and easier to choose core foods for a healthier diet – for you and your family. Core foods are basic foods that should make up the bulk of your diet.

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**Nutritional Information**

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<tr>
<th>Nutrient</th>
<th>Quantity per serving</th>
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<tr>
<td>Energy</td>
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<td>405kJ</td>
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<tr>
<td>Protein</td>
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<tr>
<td>Fat, total</td>
<td>7.4g</td>
<td>4.9g</td>
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<tr>
<td>– Saturated</td>
<td>4.5g</td>
<td>3.0g</td>
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<tr>
<td>Carbohydrate</td>
<td>18.6g</td>
<td>12.4g</td>
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<tr>
<td>– Sugar</td>
<td>18.6g</td>
<td>12.4g</td>
</tr>
<tr>
<td>Sodium</td>
<td>90mg</td>
<td>60mg</td>
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</tbody>
</table>

Servings per package: 3
Serving Size: 150g

Choose foods with less energy (kilojoules) if you want to lose weight

Choose foods lower in saturated fat. Replacing saturated fat with unsaturated fat reduces your risk of heart disease

Sodium is the harmful part of salt. Eating too much can raise your blood pressure

Use the ‘per 100g’ column to compare foods

Shows how much of the nutrient is in one serving. The serving size is determined by the manufacturer

Sugar can occur naturally in food or be added. The problem with added sugar is that it adds energy (kilojoules) but not nutrients
Food portions

It’s easy to eat more food and drink than we need for our daily activities. So, just how much is enough?

Using your own hand can be an easy way to check meal portions.

**Closed fist**

A closed fist is a good guide for a portion of starchy carbohydrate foods like taro, potato, rice, banana and bread

**Tip** – if you want more than one carbohydrate in your meal, reduce the size of each one, so the total is the size of one fist

**Palm of your hand**

The palm of your hand is a good guide for a portion of meat, chicken or pork

**Tip** – the thickness of the meat should be about the same thickness as the palm of your hand

**Whole of your hand**

The whole of your hand is a good portion guide for a piece of fish

**Tip** – your whole hand is about the size of one fish fillet, which is enough for a meal

**Two cupped hands**

Your two hands cupped together is a good guide for the portion of non-starchy vegetables like carrots, broccoli, beetroot, cauliflower, eggplant, silverbeet or cabbage

**Tip** – choose vegetables from all the colours of the rainbow. Each colour provides a different range of nutrients
Healthy Heart Visual Food Guide

**Eat Most**
- Vegetables & fruit

**Eat Some**
- Grain foods & starchy vegetables
- Legumes, fish, seafood, eggs, poultry & meat
- Milk, yoghurt & cheese
- Healthy oils, nuts & seeds

*CUT BACK ON* junk foods, takeaways & foods or drinks high in sugar, salt or saturated & trans fats
simple steps

Healthier eating can be easy. Why not start by taking one simple step?

Here are some ideas to add goodness to your kai:

vegetables & fruit: a variety of colours

- ‘Add one’ more vege to dinner
- ‘Add one’ salad vege to your sandwich
- ‘Add one’ coleslaw to a takeaway meal
- ‘Add one’ piece of fruit to breakfast or lunch

grain foods & starchy vegetables: wholegrain & high-fibre

- Swap from white bread to wholegrain
- Choose baked potatoes or kumara instead of deep fried
- Use wholemeal instead of white flour
- Choose just one starchy or grainy food at a meal

legumes, fish, seafood, eggs, poultry & meat: lean & skinless

- Cut the fat off meat and skin off chicken
- Drain the fat from canned corned beef
- Add a can of legumes to a dish and use less meat
- Steam, grill or pan fry fish instead of deep frying

milk, yoghurt & cheese: reduced fat

- Switch to lite blue, green or yellow top milk
- Swap from full fat to reduced fat cheese
- Swap from a sweet bakery item to plain yoghurt
- Try homemade instead of bought takeaways
- Downsize from a big plate to a smaller size

healthy oils, nuts & seeds

- Swap from butter or ghee to oils or margarine
- Choose a handful of nuts for a snack instead of potato chips
- Add avocado to a sandwich or salad
- Swap a can of fizzy to water or milk
- Swap from two scoops of ice cream to one scoop

junk food & takeaways: cut back

- Cut the fat off meat and skin off chicken
- Drain the fat from canned corned beef
- Add a can of legumes to a dish and use less meat
- Steam, grill or pan fry fish instead of deep frying
- Try homemade instead of bought takeaways
- Downsize from a big plate to a smaller size
**Ingredients you’ll need**

*Pasifika Flavours* recipes are made using the ingredients below. If you don’t have the exact ingredient for the recipe you’re making, try substituting it with a similar one. If an ingredient seems too expensive, replace it with a more affordable ingredient or leave it out.

<table>
<thead>
<tr>
<th>Ingredients</th>
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<td>Eggs</td>
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<td>Mayonnaise, reduced-fat</td>
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<td>Banana</td>
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<tr>
<td>Coconut cream, lite</td>
<td>Watermelon</td>
</tr>
<tr>
<td>Coconut thread</td>
<td>Lemon</td>
</tr>
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<td>Lime</td>
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<tr>
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<td>Lettuce</td>
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<td>Brown sugar</td>
<td>Cabbage</td>
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<tr>
<td>White flour</td>
<td>Bok Choy</td>
</tr>
<tr>
<td>Wholemeal flour</td>
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<tr>
<td>Cornflour</td>
<td>Spinach</td>
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<tr>
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<td>Watercress</td>
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<td>Taro</td>
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<td>Kumara</td>
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<td>Cucumber</td>
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Takihi – Pawpaw and Taro Bake
Niue Serves 4

Ingredients
1 small taro, peeled and thinly sliced
1 small pawpaw or ripe papaya, peeled and sliced
½ medium onion, sliced
1½ cup lite coconut cream

Method
1. Heat oven to 180°C
2. Layer taro, pawpaw and onion in a baking dish and repeat the layers until taro and pawpaw are used up
3. Press the slices down to compact them
4. Pour the coconut cream over the top of the dish
5. Cover with tin foil
6. Bake for approximately 1½ hours or until taro is cooked through and soft when pierced

Per serve:

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<tr>
<th></th>
<th>ENERGY</th>
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<th>CARBS</th>
<th>FIBRE</th>
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</tr>
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<td>24g</td>
<td>3.1g</td>
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‘Ota ika – Raw Fish Salad

Tonga Serves 8

**Ingredients**

- 1 kg fresh fish fillets, mullet or gurnard
- 5 lemons, juice only
- 3 spring onions, chopped finely
- 1 small cucumber, seeds removed, chopped into bite-size pieces
- 2 tomatoes, chopped
- ½ green or yellow pepper, chopped
- 1½ cups lite coconut cream
- 1 cup water
- Pepper, to taste

**Method**

1. Rinse the fish and cut into cubes
2. Place in a shallow dish and cover with the lemon juice
3. Leave to marinate for at least 1 hour in the fridge
4. Drain off the lemon juice
5. Add the spring onions, cucumber, tomatoes, pepper, lite coconut cream and water
6. Season with pepper and mix well
7. Transfer to a serving bowl, cover and chill before serving

**Per serve:**

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<thead>
<tr>
<th></th>
<th>ENERGY</th>
<th>SAT FAT</th>
<th>CARBS</th>
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Suruwa – Curry Fish Lolo

Fiji Serves 4

Ingredients
2 Tbsp vegetable oil
1 large onion, finely diced
1 Tbsp fresh ginger, crushed
4 cloves garlic, crushed
2 Tbsp curry powder
1 cup water
½ cup lite coconut cream
600g fish fillets
200g bok choy, washed and chopped
1 large tomato, diced
¼ cup fresh coriander, chopped

Method
1. Heat oil in a medium-sized saucepan
2. Add onion and cook slowly until soft
3. Add ginger, garlic and curry powder and continue to cook for another minute
4. Add water and coconut cream and cook gently for 10 minutes
5. Add fish, bok choy and tomato, and cook for approximately 5 minutes or until the fish is cooked through
6. Sprinkle with coriander before serving
7. Serve with taro, kumara or potato and Pineapple Mango Salsa (see recipe on page 23)

Recipe provided by Tuliana Sullivan

Per serve:

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Palusami – Taro Leaves Parcel
Samoa  Serves 1

Ingredients
- 5–6 medium-sized taro leaves
- ½ onion, finely diced
- ¾ cup lite coconut cream
- Aluminium foil

Method
1. Remove the stalk and ribs from the taro leaves. Rinse under running water and shake dry.
2. Mix the onion with the lite coconut cream.
3. Layer 5–6 taro leaves, so they overlap each other to create a bowl in the palm of your hand.
4. Pour in the onion and coconut cream mixture.
5. Gather up the edges of the taro leaves with your other hand to close the parcel.
6. Place the taro parcel onto the aluminium foil and quickly close to form a tight ball.
7. Place in an oven dish and bake at 200°C for 1 hour or cook in an umu (hangi or underground oven).
8. Serve with green bananas or taro.

Tip
If you don’t have lite coconut cream, water down 1 can of coconut cream with 1 cup of water.

Per serve:

- ENERGY: 1625kJ
- SAT FAT: 5g
- CARBS: 58.4g
- FIBRE: 7.2g
- SODIUM: 491mg
**Lū – Taro Leaves Parcel**

**Tonga Serves 2**

**Ingredients**
- 5 - 6 medium-sized taro leaves
- ½ cup lean beef or ¼ of a 12oz can corned beef, with fat drained off
- 1 onion, finely diced
- ½ cup lite coconut cream
- Aluminium foil

**Method**
1. Remove the stalks from the taro leaves. Rinse under running water and shake dry.
2. Layer 5 – 6 taro leaves, so they overlap each other to form a leak-proof circular shape on a large square piece of aluminium foil.
3. Place about ½ cup of meat in the centre of the leaf and add the onion.
4. Gather up the edges of the taro leaves to create a bowl then pour in the coconut cream.
5. Close up the taro leaves to form a parcel.
6. Place the taro parcel onto the aluminium foil and quickly close to form a tight ball.
7. Place in an oven tray and bake at 200°C for 1 hour, or cook in an umu (hangi or underground oven).
8. Serve with green bananas or taro.

**Per serve when using lean beef:**

<p>| | | | | |</p>
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<tbody>
<tr>
<td><strong>ENERGY</strong></td>
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<td><strong>SAT FAT</strong></td>
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<td><strong>FIBRE</strong></td>
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<td><strong>SODIUM</strong></td>
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**Sua fa’i – Banana Soup**  
**Samoa**  
**Serves 4**

**Ingredients**
- 3 ripe bananas  
- Water to cover  
- 1–2 Tbsp sago  
- ½ cup lite coconut cream  
- Lemon or lime juice (optional)

**Method**
1. Peel and mash the bananas by hand, leaving some lumpy bits
2. Add enough cold water to cover the bananas
3. Add sago and stir through
4. Place the banana mixture in a saucepan. Bring to the boil over a medium heat, then reduce heat and simmer for 10–15 minutes, stirring occasionally until sago goes transparent
5. Stir in the coconut cream just before serving
6. Serve warm with a squeeze of lime or lemon juice

**Alternative**
To serve cold, pour into individual bowls and refrigerate

**Per serve:**

- ENERGY: 416kJ
- SAT FAT: 2.2g
- CARBS: 18g
- FIBRE: 1g
- SODIUM: 3mg
Koko Alaisa – Cocoa Rice
Samoa Serves 4

Ingredients

- ½ cup medium grain rice
- 3 cups water or coconut water
- 2 Tbsp cocoa, or finely-grated Koko Samoa
- 1½ Tbsp sugar
- 1 lemon leaf (optional)
- 2–3 Tbsp lite coconut cream

Method

1. Place all ingredients, except coconut cream, in a saucepan
2. Bring to the boil and reduce heat to a gentle simmer. Stir occasionally to avoid mixture sticking to the bottom of the saucepan
3. Continue to cook slowly until the rice is cooked (or at the desired consistency) and covered in a creamy chocolate sauce, about 30–40 minutes
4. Remove from heat and stir in the coconut cream

Tip

Using Koko Samoa will give a more traditional bitter-sweet taste

Per serve:

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<td>1g</td>
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</table>
Poke – Pumpkin or Banana
Cook Islands Serves 4

Ingredients
2 cups cooked pumpkin or mashed banana
1 cup tapioca powder (arrowroot starch)
3 Tbsp lite coconut cream
¼ cup evaporated reduced-fat milk
¼ cup water
2 tsp cornflour

Method
1. Heat oven to 150°C
2. Place mashed pumpkin or banana into a saucepan and continue to mash and mix over a medium heat until it forms a thick paste and comes to the boil. If you are using banana, it will have changed colour to become almost purple. Allow to cool
3. Once cooled, mix in the tapioca until it is smooth and lump-free
4. Spread the mixture into an oiled loaf tin or baking dish that will allow the mixture to be about 2-3cm deep. Cover with tin foil and bake for approximately 2 hours, or until a smooth skin has formed on top. Allow to cool slightly before cutting into small squares
5. In a saucepan, mix together the coconut cream, evaporated milk, water and cornflour. Heat gently, stirring consistently until coconut sauce comes to the boil, remove from heat
6. Serve poke with a drizzle of coconut sauce

Per serve:

<table>
<thead>
<tr>
<th>ENERGY</th>
<th>SAT FAT</th>
<th>CARBS</th>
<th>FIBRE</th>
<th>SODIUM</th>
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</thead>
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<td>53.2g</td>
<td>1.2g</td>
<td>34mg</td>
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</table>
‘Otai – Watermelon Smoothie
Tonga  Serves 8

Ingredients
1 watermelon
1 mango
227g can crushed pineapple or 1 cup grated fresh pineapple
400ml lite coconut milk
3 cups cold water

Method
1.  Cut the watermelon in half. Using a spoon, scrape the watermelon flesh into a large bowl. Discard the rind and use a spoon to remove the seeds
2.  Peel the mango and cut the flesh away from the stone. Finely chop or grate the mango and add to the watermelon
3.  Add the pineapple, coconut milk and water, and mix well
4.  Serve over ice cubes in a tall glass and garnish with mint leaves

Tip
Watermelon should be firm and heavy, and the part of the melon that has been in contact with the ground is yellow. The fruit sounds hollow when tapped

Per serve:

<table>
<thead>
<tr>
<th></th>
<th>ENERGY</th>
<th>SAT FAT</th>
<th>CARBS</th>
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**Trivial**
Summer Fish Salad  Serves 4

Ingredients
4 eggs
200g green beans, trimmed
2 x 106g cans sardines, drained
6 cups lettuce, washed and torn into bite-size pieces
4 cups cooked taro/green bananas/cassava/plantain, cut into bite-size pieces
16 cherry tomatoes, halved
1 lemon, cut into wedges

Method
1. Hard boil the eggs, then peel and quarter
2. Boil beans for 3-4 minutes until cooked but still slightly crunchy and bright green. Drain the beans in a colander under cold running water until cool
3. Drain oil from sardines
4. Arrange the lettuce on a large platter or individual serving plates. Scatter the cooked taro/green bananas/cassava/plantain, eggs, tomatoes, green beans and whole sardines over the lettuce
5. Squeeze lemon juice over the dish just before serving

Variations
Replace sardines with tuna in spring water
Replace beans with asparagus

Per serve:

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Pineapple and Mango Salsa
Serves 4

**Ingredients**
1 cup pineapple, diced
1 medium mango, diced
½ small red onion, finely diced
1 medium tomato, diced
2 Tbsp lemon or lime juice
¼ cup fresh coriander, chopped
1 Tbsp fresh chilli, chopped

**Method**
1. Mix all salsa ingredients together and refrigerate until ready to serve
2. Serve with grilled fish or chicken

**Tips**
Pineapples should have a sweet smell and be firm, with a slightly elastic skin, and be bright yellow at the base
If a pineapple is reddish brown, it is over-ripe

**Per serve:**

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Vegetable and Bean Sprout Fritters  Serves 1

**Ingredients**
- 1 tsp vegetable oil
- 1 egg
- 1 Tbsp flour
- ½ tsp sesame oil
- ¼ cup bean sprouts
- 1 cup mixed frozen vegetables, thawed

**Method**
1. Heat the vegetable oil in a frying pan over a medium heat.
2. Beat the egg with the flour and sesame oil.
3. Mix in the bean sprouts and vegetables.
4. Pour mixture into a pan and cook until lightly browned on one side; flip and cook on the other side until lightly browned.
5. Serve warm with your choice of sauce and salad.

**Tip**
This recipe can be easily multiplied to serve more than 1 person.

**Per serve:**

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**SOMETHING NEW**

**Ingredients**

**Method**

**Tip**

**Per serve:**

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Kumara Salad  Serves 6

**Ingredients**

3 medium kumara, washed, cut into large pieces
1 orange (zest and juice)
¼ cup reduced-fat yoghurt, unsweetened
¼ cup reduced-fat mayonnaise
1 tsp curry powder
1 Tbsp sesame seeds
2 apples, diced
4 spring onions, sliced

**Method**

1. Steam or boil the kumara until cooked, then drain and allow to cool before cutting into bite-size pieces
2. Make the dressing by mixing the orange zest and juice with the yoghurt, mayonnaise and curry powder
3. Toast sesame seeds by dry frying them in a pan over a medium heat. Stir continuously with a wooden spoon until lightly golden brown, then remove from the pan
4. Gently mix cooked kumara with the apple, spring onions, sesame seeds and dressing
5. Serve with lean meat and seasonal vegetables

**Variation**

Replace the apple with banana, orange segments, or chopped celery and walnuts

**Per serve:**

- **ENERGY**: 814kJ
- **SAT FAT**: 0.7g
- **CARBS**: 38.4g
- **FIBRE**: 4g
- **SODIUM**: 122mg
Stuffed Green Bananas  Serves 6

Ingredients
1 Tbsp vegetable oil
½ onion, chopped finely
2 cloves garlic, crushed
6 green bananas
225g minced pork
1 Tbsp peanut butter
1 egg, beaten
Pepper, to taste

Method
1. Heat the oil in a small frying pan. Add the onions and garlic, cook until soft, then remove from the heat
2. Without peeling, halve the bananas lengthways. Scrape out the banana flesh, leaving the half banana skins in one piece
3. In a bowl, mix together the onions, garlic, banana, pork mince, peanut butter and egg. Season with pepper
4. Put the mixture back into the banana skins, then place the two halves together and tie with string or secure with rubber bands
5. In a bamboo steamer, arrange the bananas in a single layer and cover with the lid. Place the steamer over a pot of boiling water; reduce the heat to a steady simmer and cook for 25 minutes or bake in an oven at 180°C
6. Serve with taro, kumara or potato and seasonal vegetables

Per serve:

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**Eggplant Curry with Mackerel**

**Serves 4**

**Ingredients**
- 3 cups spinach
- 2 medium eggplants
- 2 Tbsp vegetable oil
- 1 onion, finely chopped
- 2 Tbsp red curry paste
- 1 cup water
- 1 chilli pepper, finely chopped
- 1 kaffir lime leaf, roughly chopped
- 400g can mackerel, drained

**Method**
1. Wash the spinach and remove the hard stems
2. Slice the eggplant into 2cm bite-size pieces
3. In a saucepan, heat the oil and fry onion until soft. Add the red curry paste and cook for 1 minute, then add the water and mix well
4. Add the eggplant, chilli and kaffir lime leaves. Cook for 20 minutes or until the eggplant is cooked
5. Add the spinach and fish. Cook until the spinach is wilted and the fish is warm through

**Variations**
- Replace the mackerel with canned tuna
- Replace the red curry paste with curry powder

**Per serve:**

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<td>193mg</td>
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Watermelon Salad  Serves 8

**Ingredients**
- 1 kg watermelon, rind and seeds removed
- 2 cucumbers
- 2 spring onions, finely sliced
- ½ cup mint leaves, torn in half
- 1 Tbsp lemon juice
- 120g feta cheese, reduced-salt, crumbled
- Olive oil (optional)

**Method**
1. Cut the watermelon into bite-size pieces and arrange on a serving dish
2. Peel cucumbers, scoop out seeds and cut into small cubes
3. Combine cucumber, spring onions, mint leaves and lemon juice in a bowl
4. Place the cucumber mixture over the plated watermelon then sprinkle with feta cheese
5. Garnish with a little olive oil
6. Serve with lean meat, taro, kumara or potato and seasonal vegetables

**Per serve:**
- **ENERGY**: 248kJ
- **SAT FAT**: 3.3g
- **CARBS**: 4.7g
- **FIBRE**: Trace
- **SODIUM**: 160mg
Chilli Chicken Vermicelli Salad
Serves 4

Ingredients
1 packet vermicelli, dry
4 Tbsp sweet chilli sauce
4 Tbsp lemon or lime juice
1 Tbsp fish sauce
1 Tbsp sesame oil
2 carrots, finely sliced
½ cucumber, sliced
¼ head broccoli, cut into small florets, cooked
1 large pepper, sliced
2 spring onions, sliced finely
500g chicken, cooked and shredded
1 cup fresh pineapple, diced

Method
1. Place vermicelli in a large heatproof bowl and cover with boiling water. Let stand until just tender (about 5 to 10 minutes) and then drain
2. Mix together the chilli sauce, lemon or lime juice, fish sauce and sesame oil in a lidded jar
3. Combine the remaining ingredients in a serving bowl
4. Gently fold in the vermicelli and chilli dressing

Per serve:

ENERGY 1385kJ  SAT FAT 2.4g  CARBS 42g  FIBRE 3.4g  SODIUM 307mg
**Sweet and Sour Pork**  
*Serves 4*

**Ingredients**
- 425g canned pineapple pieces in juice
- 2 tsp soy sauce, reduced-salt
- 1 ½ Tbsp vinegar
- 1 ½ Tbsp lite tomato sauce
- 2 tsp brown sugar
- 1 tsp fresh ginger, grated
- 1 Tbsp cornflour
- 1 Tbsp vegetable oil
- 500g lean pork, sliced
- 1 medium onion, sliced
- 1 pepper, chopped
- 2 medium carrots, peeled and sliced
- ½ head broccoli, cut into florets
- 2 cups cabbage, shredded

**Method**
1. Place pineapple (with juice), soy sauce, vinegar, tomato sauce, brown sugar and ginger in a saucepan and heat until simmering.
2. Wet the cornflour with a little water. Slowly pour the cornflour mixture into the simmering sauce, stirring constantly until it reaches the desired thickness. Remove from the heat.
3. Heat oil in a large frying pan or wok. Add the pork and brown, then remove from the pan and set aside.
4. Add the vegetables to the pan and cook until tender.
5. Add the pork back into the pan with the sweet and sour sauce, and heat through.

**Per serve:**

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**EVERYDAY FAMILY**
One-dish Roast Chicken with Vegetables Serves 4

Ingredients
500g chicken
1 medium onion
2 cups pumpkin, peeled and seeded
1 medium red pepper
1 large kumara, washed
2 Tbsp olive oil
3 Tbsp lemon juice
2 cups watercress leaves
Pepper, to taste

Method
1. Preheat oven to 200°C
2. Cut the chicken, onion, pumpkin, red pepper and kumara into similar sized pieces
3. Spread out on a roasting dish and toss with oil
4. Roast approximately 30 minutes or until cooked through and browned. You will need to turn the pieces over once or twice during the cooking
5. Remove from the oven and mix through the lemon juice and watercress leaves before serving. Season with pepper

Per serve:

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Sapasui – Chop Suey  Serves 10

Ingredients

3 packets vermicelli
1 Tbsp peanut oil
1 onion, finely chopped
4 cloves garlic, peeled and crushed
2 Tbsp fresh ginger, grated
1½ kg lean beef, cut into small pieces
2 large red peppers or carrots, finely chopped
2 cups broccoli, cut into bite-sized pieces
1 cup fresh or frozen green beans, sliced
½ cup soy sauce, reduced-salt

Method

1. Place the vermicelli in a large bowl and add hot water until just covered. Soak for 10–15 minutes or until the noodles have expanded
2. Heat the oil in a large pot, add the onion, garlic and ginger cook until onion is soft
3. Add the beef and cook until it is just done
4. Drain the vermicelli over a bowl, saving ½ cup of the soaking liquid
5. Add the vermicelli and ½ cup of soaking liquid to the beef mix
6. Add the vegetables and soy sauce, and simmer for a couple of minutes
7. Serve immediately

Tips

Be careful not to stir this dish too much, or the vermicelli will become mushy
If you don’t have peanut oil, just use whatever oil you have on hand

Per serve:

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Coconut Chicken Slaw Serves 4

**Ingredients**
- 1 ½ kg boneless and skinless chicken breast
- ¼ cup lite coconut cream
- 1 tsp ginger, grated
- 2 cloves garlic, crushed
- 1 tsp fish sauce (optional)
- ½ medium red onion, sliced
- 2 Tbsp vinegar
- ¼ medium cabbage, finely shredded
- 2 medium carrots, finely sliced
- ½ cup fresh coriander, chopped
- ¼ cup fresh mint, chopped
- 3 Tbsp lemon or lime juice

**Method**
1. Place chicken, coconut cream, ginger, garlic and fish sauce into a small saucepan and heat slowly with the lid on top.
2. Heat on low for 10–15 minutes until the chicken is cooked through, then remove from the heat and allow to cool.
4. Marinate the red onion in the vinegar for 30 minutes or more.
5. When ready to serve, mix together the remaining ingredients, including the marinated onion and chicken.

**Tip**
Replace the chicken with half a cooked chicken; remove the skin and shred.

**Per serve:**
- ENERGY: 1385kJ
- SAT FAT: 2.4g
- CARBS: 42.2g
- FIBRE: 3.4g
- SODIUM: 307mg
Povi/Pulu Masima – Corned Silverside **Serves 8-10**

**Ingredients**
- 1 ½ kg corned silverside
- 1 Tbsp brown malt vinegar
- 1-2 bay leaves
- 1 tsp black peppercorns
- 1 Tbsp brown sugar or golden syrup
- orange rind (optional)
- water to cover

**Method**
1. Remove the meat from its wrapping and rinse under the tap. Trim away any visible fat.
2. Place the meat in a large, deep pot.
3. Add the vinegar, bay leaves, peppercorns, sugar or golden syrup and orange rind.
4. Pour cold water over the meat until covered.
5. Place the lid on the pot and simmer for 2 ½ hours until cooked.
6. You may need to top up the pot with more water, to keep the meat completely covered.
7. Once cooked, remove meat from the pot, cover and set aside for 12-15 minutes. Discard the liquid.
8. Slice meat across the grain and serve with mashed potatoes or taro and seasonal vegetables.

**Per 100g serve:**

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<td>Trace</td>
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Corned Silverside Fry-Up  Serves 6

**Ingredients**
- 1 Tbsp vegetable oil
- 1 onion, finely chopped
- 4 cups cooked root vegetables, chopped into bite-size pieces – eg. taro, potatoes, kumara, pumpkin, carrots
- 2 cups cooked corned silverside, shredded or finely chopped
- ½ small cabbage, finely sliced
- 2 tomatoes, chopped, or 1 cup frozen mixed vegetables
- 6 eggs

**Method**
1. Heat the oil in a large frying pan
2. Add the onion and cook until brown
3. Add the root vegetables and brown
4. Add the corned beef
5. Once the corned beef is warmed through, add the sliced cabbage and tomatoes. Stir-fry until the cabbage has softened, but is still crisp and green
6. Make 6 dents in the mix and crack an egg into each one. Cook until the eggs are done to your liking. You may need to put the pan under the grill if you like your eggs well done, or alternatively hard boil the eggs and remove the shells before placing into the dents
7. Serve immediately

**Per 100g serve:**

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<tr>
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Basic Salad Dressing
Makes 1 cup

Ingredients
½ cup vinegar or lemon juice
½ cup vegetable oil
1 tsp mustard
pepper, to taste

Method
Place all the ingredients in a tight-lidded container and shake well to mix

Variation
Add 2 Tbsp of finely chopped herbs, such as parsley, basil, chives, or mint

Marinade for Meat
Makes 1 cup

Ingredients
¼ cup sweet chilli sauce
¼ cup soy sauce, reduced-salt
2 tsp garlic, minced
1 tsp fresh ginger, minced
1 lemon (zest and juice)

Method
Place all the ingredients in a tight-lidded container and shake well to mix

Use 2 Tbsp of marinade per kilo of meat and marinate for at least 2 hours or overnight

Creamy Dressing
Makes 1¼ cups

Ingredients
1 cup reduced-fat yoghurt, unsweetened
¼ cup vinegar or lemon juice
1 tsp mustard
Freshly-ground black pepper

Method
Place all the ingredients in a tight-lidded container and shake well to mix

Variations
Replace the vinegar or lemon juice with orange juice or cider vinegar
For a curry dressing, replace the mustard with 2 tsp of curry powder

Alternative
Combine ½ cup lemon juice, ½ cup reduced-fat yoghurt, unsweetened, ½ cup reduced-fat mayonnaise and season with freshly-ground black pepper
Pineapple and Banana Meringue Pudding Serves 6

Ingredients
1 cup coconut water or water
3 Tbsp lite coconut cream
1½ cups crushed pineapple in juice
2 bananas, mashed
4 Tbsp custard powder
4 egg whites
3 Tbsp sugar

Method
1. Heat oven to 180°C
2. Place coconut water, coconut cream, pineapple and banana into a saucepan and bring to a simmer
3. Wet the custard powder with a little water to form a thin paste
4. Slowly add the custard mixture to the saucepan, stirring constantly until thickened
5. Pour into baking dish and allow to cool
6. Whisk egg whites until stiff
7. Add sugar and continue to whisk until smooth and shiny with soft peaks forming
8. Place the egg white mixture on top of the custard and bake for approximately 15-20 minutes or until the top is beginning to brown
9. Allow to cool before serving

Per 100g serve:

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Pacific Fruit Cake  Serves 16

Ingredients
¾ cup sugar
3 eggs
½ cup vegetable oil
1 tsp vanilla essence
3 bananas, mashed
227g can crushed pineapple in juice, well drained
1 tsp baking soda
1 cup white flour
1 cup wholemeal flour
2 tsp baking powder
1 tsp cinnamon
¼ cup thread coconut

Method
1. Preheat oven to 180°C
2. Grease a 23cm round spring form cake tin and line the base with baking paper
3. In a large bowl, whisk together sugar, eggs, oil and vanilla
4. Add the banana, pineapple and baking soda and mix well
5. Add flours, baking powder and cinnamon. Mix until just combined
6. Pour the mixture into the cake tin and sprinkle thread coconut on top
7. Bake for 50-55 minutes or until an inserted toothpick comes out clean
8. Leave in cake tin for 15 minutes before turning out

Per 100g serve:

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Weights and measures

**Abbreviations**

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**Kitchen measures**

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<td>= 250 ml</td>
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<td>= 125 ml</td>
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<tr>
<td>4 cups</td>
<td>= 1 litre</td>
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Food safety – clean, cook, chill

Foodborne illness is caused by bacteria like *Campylobacter* and *Salmonella*, which multiply very fast in warm, moist conditions.

These illnesses are avoidable by following some simple food handling tips. Clean, cook and chill [www.foodsmart.govt.nz/food-safety/tips/clean-cook-chill](http://www.foodsmart.govt.nz/food-safety/tips/clean-cook-chill) will help you keep your friends and family safe from foodborne illness that causes upset tummies.

Five simple steps to eating for a healthy heart

1. Eat plenty of vegetables and fruit
2. If choosing meat, make it lean; include fish as an alternative
3. Choose reduced-fat milk
4. Replace butter with healthy oils and margarines
5. Reduce salt; check sodium on food labels

Other free cookbooks

[heartfoundation.org.nz/recipes](http://heartfoundation.org.nz/recipes)
[heartfoundation.org.nz/freecookbooks](http://heartfoundation.org.nz/freecookbooks)
The Heart Foundation is New Zealand’s heart charity, leading the fight against our country’s biggest killer – heart disease. As a charity, the Heart Foundation relies on the generosity and goodwill of everyday Kiwis to support its work.

We provide support, care and advice to help people and their families affected by heart disease. We also fund leading-edge research and specialist training for cardiologists, while our education and prevention programmes tackle heart disease head-on in the community.

Through our work with young children, we create a foundation for keeping hearts healthy into the future.

**Pacific Heartbeat Programmes and Services**

We want every New Zealander to live a long, healthy life and enjoy precious moments with their loved ones.

To make a donation, please go to
www.heartfoundation.org.nz/donate
or contact us at:

Heart Foundation, PO Box 17160, Greenlane, Auckland 1546
T 09 571 9191 E info@heartfoundation.org.nz W www.heartfoundation.org.nz

The Heart Foundation of New Zealand is a registered charity (CC23052) under the Charities Act 2005

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